

National Cancer Institute

Clinical Trials at NIH

in Bethesda, Maryland



- What is a clinical trial?
- How do I know if I can participate?
- How can I find a trial that's right for me?
- How can I get more information?





Working Toward A Cure

The National Cancer Institute

Founded by Congress in 1937, the National Cancer Institute leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancers through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

As part of its clinical research program, NCI enrolls thousands of people from around the country in over 150 clinical trials at the NIH Clinical Center. These trials, conducted at the Warren G. Magnuson and Mark O. Hatfield Centers in Bethesda, Maryland, are open to people regardless of where they live.

In addition to clinical trials taking place at the campus of the National Institutes of Health in Bethesda, Maryland, the National Cancer Institute sponsors clinical trials at designated cancer centers throughout the country. These constitute the majority of National Cancer Institute-sponsored clinical trials. This booklet includes only information about clinical trials taking place at the Bethesda campus. For information about National Cancer Institute clinical trials taking place at other locations across the nation, call 1-800-4-CANCER.

For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdatrials.cancer.gov> or call 1-888-NCI-1937.

Treatments Used in Clinical Trials

Anti-angiogenesis

Prevention of the growth of new blood vessels to a tumor by adding a natural or synthetic substance that stimulates the production of antibodies by the immune system

Bone marrow transplantation

A procedure to replace bone marrow destroyed by high doses of anticancer drugs or radiation treatments

Chemotherapy

Treatment with anticancer drugs usually given orally, topically, or intravenously

Hormone therapy

The removal, blockage, or addition of hormones to halt or limit cancer cell growth

Immunotherapy

Treatment to stimulate or restore the ability of the immune system to fight infection and disease

Radiation therapy

Treatment using X-rays, neutrons, and other sources of high-energy radiation to kill cancer cells and shrink tumors

Surgery

Removal of a cancerous growth through an operation

Vaccine

A compound or group of compounds designed to produce a patient's immune response to a tumor or disease

Clinical Trials

Today and Tomorrow

Clinical trials, also called clinical studies, evaluate investigational methods of treating, diagnosing, and preventing cancer. These investigational methods include approaches to surgery or radiation therapy as well as gene therapy, vaccine therapy, experimental drugs, or various combinations of these treatments.

Clinical trials are among the final stages of a long and careful process of cancer research. Only those treatments that show promising results in tests done in the laboratory are used in clinical trials involving people.

There is no guarantee that the investigational approach will produce good results, but if it is effective, trial participants may be among the first to benefit. You will receive detailed information about the trial and should join a trial only after you understand both the possible risks and benefits. Everyone who joins a clinical trial at the National Cancer Institute is cared for by a team of appropriate experts.

For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdaclinicaltrials.cancer.gov> or call 1-888-NCI-1937.





Clinical Trial Phases

Most clinical trials are classified into one of three phases:

In phase I trials, investigational treatments are tested in a small group of people, after lab tests have already shown promise. The main purpose of a phase I trial is to test safety and determine the best way to administer a potential treatment.

In phase II trials, researchers focus on learning whether the investigational treatment can shrink a particular tumor, improve blood test results, or produce other desirable effects. A slightly larger group of people are enrolled in this type of trial, compared with a phase I trial.

Phase III trials are conducted to compare an investigational treatment with a standard treatment and help researchers gain additional information on safety, effectiveness, and side effects. Because more is known about a treatment at this phase of its development, phase III trials may include hundreds or thousands of people throughout the country.

Joining a Clinical Trial

Joining a clinical trial is a big decision. After discussing the idea with your family, you may wish to consult with your doctor or other medical professionals for help in narrowing down your options.

If you decide that a clinical trial is an option you want to pursue, it is important to understand that each trial has a screening process based on its own set of eligibility criteria. The purpose of the eligibility criteria is to make sure that usable data is captured for the trial and to protect the patient from unnecessary risks.

For step-by-step instructions on how you can find a clinical trial, including a description of the screening and referral process, please turn to pages 9-10.



For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdaclinicaltrials.cancer.gov> or call 1-888-NCI-1937.



National Cancer Institute

Clinical Studies Support Center 1-888-NCI-1937

When you call our Clinical Studies Support Center (CSSC), an NCI information specialist will consider the preliminary information you provide, identify the trials that may be appropriate for your type of cancer, and explain how to take the next step if you are interested in participating. They will talk to you in language you can understand. You can expect personalized answers, and the information that you provide will be kept completely confidential.

At the Clinical Studies Support Center, information specialists receive calls from hundreds of people each month—many who have just been diagnosed with cancer, some who are already receiving treatment, and some who have a family member or friend with cancer. Physicians and other health professionals may also call to inquire about trials for their patients.

For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdatrials.cancer.gov> or call 1-888-NCI-1937.



How You Can Find a Clinical Trial

at the Bethesda, Maryland campus of the National Cancer Institute

1 *Call the CSSC or visit the NCI Clinical Trials at NIH Web site.*

Call the Clinical Studies Support Center at 1-888-NCI-1937. Based on the medical history you provide, the staff will identify clinical trials that might be options for you. With your permission, your information will be sent to the research team of each trial identified.

You may also visit the NCI Clinical Trials at NIH Web site at <http://bethesdatrials.cancer.gov>. At this Web site, you are able to search for clinical trials and find contact information for the appropriate research teams, so that you can contact the researchers directly.

2 *Talk with members of appropriate research team(s).*

If the CSSC refers you for a trial, a member of that trial's research team will contact you within a specified amount of

time. That team member will provide you with information about the trial and will ask additional screening questions to further determine your eligibility.

3 *Talk to your physician/health care professional.*

We suggest that you review the information you receive about an appropriate clinical trial with your physician/health care professional. If you decide that you wish to participate in a trial, you or your physician/health care professional should contact the trial's research team to discuss your medical history and current health status.

4 *Schedule a screening visit.*

If you appear to meet eligibility requirements, you will be invited to NCI's Bethesda campus for a screening visit.

A research nurse or investigator in charge of the trial will set up the visit for you.

Before the screening visit, you will receive a packet of information containing:

- Maps
- Travel and hotel information
- Instructions on what paperwork to bring (Generally, this includes copies of your medical and treatment summary, pathology reports and slides, and radiology reports.)

The screening visit is very much like a consultation visit with a medical specialist. During the visit, you may be asked to have several common diagnostic tests such as blood tests, a chest X-ray, and an EKG.

You will also have a chance to:

- Meet and speak with the physicians, nurses, and social workers who make up the research team

When you have decided that a clinical trial is an option you want to consider, follow these steps to see if there is a trial that is right for you.

- Learn about the risks and benefits of the trial you are considering
- Ask questions about any aspect of the trial

The purpose of the screening visit is to determine if you are a candidate for a particular trial. You are not expected to make a decision about participation at the time of this visit.

5 *Decide whether to enroll.*

If you are eligible to join a trial, you will want to consider the following.

- Possible risks and benefits
- How the trial will affect your everyday life (For example, inpatient trials require you to stay at the NIH Clinical Center for a few days or longer. Outpatient trials allow you to receive treatment and go home the same day.)

- How the trial may contribute to the overall improvement of cancer treatment for generations to come

If you decide to participate, you will be asked to sign a consent document that describes, among other things:

- The trial's treatment schedule
- Possible benefits and side effects

Signing a consent document does not mean that you sign away any personal rights or protections. It simply means that you have read the document and understand the purpose and elements of a trial, and that you are participating voluntarily.

You may withdraw from the trial at any time. If you choose to leave the trial, you will have the opportunity to discuss other treatment options or any concerns with the clinical trial team.

To find out more about clinical trials at the Bethesda campus of the National Cancer Institute, call the Clinical Studies Support Center at 1-888-NCI-1937 (1-888-624-1937) Monday through Friday, 9:00 a.m. to 5:00 p.m., Eastern Time.

For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdatrials.cancer.gov> or call 1-888-NCI-1937.



Cancer Resources

from the National Cancer Institute

Clinical Studies Support Center • 1-888-NCI-1937

The National Cancer Institute's Clinical Studies Support Center can help you identify appropriate clinical trials taking place at the National Cancer Institute in Bethesda, Maryland. You can be referred directly to the research teams that conduct clinical trials for a particular type and stage of cancer.

National Cancer Institute Clinical Trials at NIH <http://bethesdatrials.cancer.gov>

The NCI Clinical Trials at NIH Web site helps the general public and health care professionals identify cancer clinical trials taking place at the National Cancer Institute in Bethesda, Maryland. This easy-to-use Web site lets you search and print information about these ongoing clinical trials. You can also learn more about how to enroll in a trial, read Frequently Asked Questions (FAQs), download educational materials, and link to additional resources.

Cancer Information Service

1-800-4-CANCER • TTY: 1-800-332-8615 • www.cancer.gov

The Cancer Information Service provides accurate, up-to-date cancer information. You can request information on clinical trials sponsored by the National Cancer Institute and some trials conducted by independent investigators at hospitals and medical centers in the United States and Europe. You can also receive brochures on specific types of cancer and other cancer-related topics.

National Cancer Institute • www.cancer.gov

The National Cancer Institute's Web site provides links to information and resources for researchers, health professionals, and the general public. The Clinical Trials section of this site enables you to search for trials currently underway throughout the United States.

For general information about clinical trials, you can request a copy of the booklet "Taking Part in Cancer Treatment Studies: What You Need to Know" by contacting any of the resources on this page. You can also access this and other NCI publications online by visiting <http://www.cancer.gov/clinicaltrials> and clicking on "NCI Publications" in the "Quick Links" box.

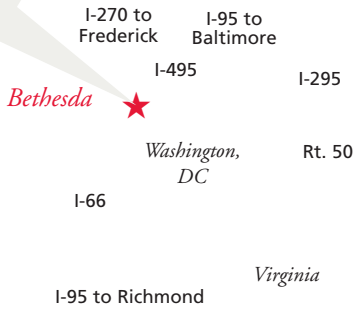
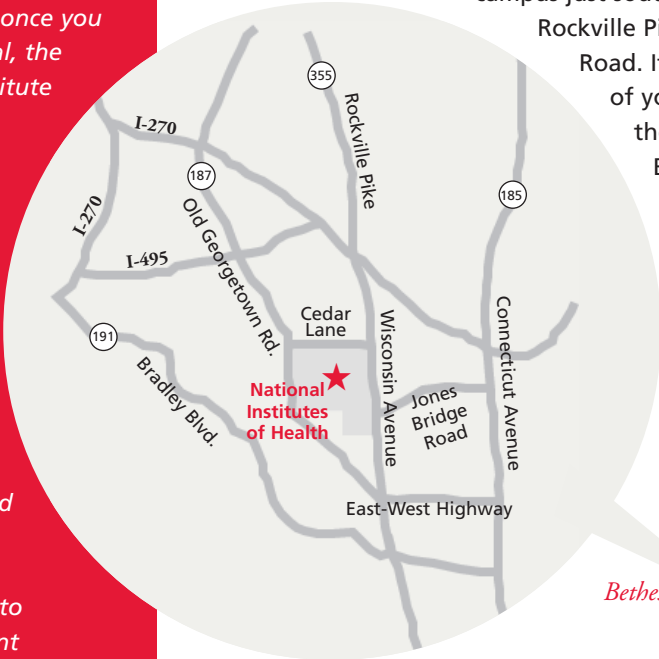
What are the costs?

There is no charge for medical care received at the National Institutes of Health (NIH) Clinical Center. You will be responsible for travel costs for your initial screening visits. In most cases, once you are enrolled in a trial, the National Cancer Institute (NCI) will pay the transportation costs for all subsequent trial-related visits for persons who do not live in the local area. In addition, you will receive a small per diem for food and lodging expenses if you are being treated as an outpatient.

It will be important to maintain your current insurance plan to cover all medical care that is provided away from the NIH Clinical Center.

Where is the National Cancer Institute?

The National Cancer Institute is located just outside of Washington, D.C., on the campus of the National Institutes of Health in Bethesda, Maryland. If traveling by car, you will find the campus just south of Cedar Lane between Rockville Pike and Old Georgetown Road. If you join a trial, almost all of your care will be provided in the Clinical Center (located in Building 10). Patient parking is located under the Clinical Center. If traveling by public transportation, you should take the Red Line Metro to the Medical Center stop.



For more information, visit the National Cancer Institute Clinical Trials at NIH Web site at <http://bethesdatrials.cancer.gov> or call 1-888-NCI-1937.



To order additional copies, contact Susan McMullen at 301-435-7854 or mcmulles@mail.nih.gov

